

7-Day Sleep & Hormone Reset Meal Plan

Standard 1800-Calorie Meal Plan - Use as a Guide, Substitute as Needed

DAY 1

Breakfast - 2 eggs + 2 egg whites scrambled in avocado oil with spinach, ¼ avocado - 330 cal | 28g protein | 20g fat | 6g carbs

Mid-Morning Snack - Almond milk protein shake + 1 tsp chia seeds - 220 cal | 30g protein | 8g fat | 4g carbs

Lunch - Grilled lemon chicken (5 oz), ½ cup cooked quinoa, cucumber-tomato salad w/ olive oil - 450 cal | 38g protein | 18g fat | 28g carbs

Snack - Turkey slices (2 oz) + red bell pepper - 150 cal | 15g protein | 4g fat | 6g carbs

Dinner - Salmon (5 oz), sautéed zucchini & asparagus, olive oil drizzle - 430 cal | 36g protein | 22g fat | 8g carbs

PM Snack - Plain Greek yogurt (1/3 cup) + 1 tbsp pumpkin seeds - 200 cal | 15g protein | 10g fat | 6g carbs

DAY 2

Breakfast - Greek omelet (2 eggs + egg white, tomato, parsley, 1 oz feta), 1 slice GF toast - 340 cal | 26g protein | 20g fat | 12g carbs

Mid-Morning Snack - Protein shake + cinnamon + almond milk - 220 cal | 28g protein | 8g fat | 4g carbs

Lunch - Seared tuna (5 oz) over arugula, olives, tomato, cucumber, olive oil - 430 cal | 38g protein | 22g fat | 10g carbs

Snack - Hard-boiled egg + 6 almonds - 150 cal | 8g protein | 10g fat | 2g carbs

Dinner - Roasted turkey (5 oz), steamed green beans, mashed cauliflower - 440 cal | 35g protein | 16g fat | 8g carbs

PM Snack - Cottage cheese (1/3 cup) + 1 Brazil nut - 170 cal | 15g protein | 8g fat | 3g carbs

DAY 3

Breakfast - 2 turkey patties + 1 soft-boiled egg + cucumber slices & arugula - 330 cal | 28g protein | 18g fat |

6g carbs

Mid-Morning Snack - Shake with almond milk + frozen berries (1/4 cup) - 200 cal | 24g protein | 6g fat | 6g carbs

Lunch - Grilled chicken (5 oz), 1/2 cup lentils, parsley-cucumber-tomato salad - 440 cal | 38g protein | 14g fat | 26g carbs

Snack - Celery + tuna in olive oil (2 oz) - 160 cal | 18g protein | 8g fat | 2g carbs

Dinner - Baked cod (5 oz), sautéed kale, roasted carrots - 430 cal | 36g protein | 14g fat | 10g carbs

PM Snack - 1 tsp almond butter + cucumber slices - 100 cal | 3g protein | 9g fat | 2g carbs

DAY 4

Breakfast - 2 eggs, grilled asparagus, 1/4 avocado - 320 cal | 24g protein | 18g fat | 6g carbs

Mid-Morning Snack - Protein shake + flax + cinnamon - 220 cal | 28g protein | 8g fat | 4g carbs

Lunch - Chicken lettuce wraps (5 oz) with tahini, cabbage, carrots - 430 cal | 38g protein | 18g fat | 10g carbs

Snack - Hard-boiled egg + cucumber slices - 120 cal | 7g protein | 7g fat | 2g carbs

Dinner - Grilled shrimp (5 oz), zucchini noodles, garlic olive oil drizzle - 440 cal | 36g protein | 20g fat | 6g carbs

PM Snack - Plain yogurt (1/3 cup) + cinnamon - 170 cal | 15g protein | 6g fat | 4g carbs

DAY 5

Breakfast - 2 veggie egg muffins, 1 slice sweet potato toast - 330 cal | 24g protein | 18g fat | 10g carbs

Mid-Morning Snack - Shake + almond milk + 1 tsp nut butter - 220 cal | 28g protein | 10g fat | 4g carbs

Lunch - Grilled chicken (5 oz), cucumber, olives, tomato, olive oil - 430 cal | 38g protein | 18g fat | 6g carbs

Snack - Cottage cheese (1/3 cup) + 3 sliced strawberries - 150 cal | 15g protein | 4g fat | 6g carbs

Dinner - Baked trout (5 oz), steamed broccolini, lemon drizzle - 440 cal | 35g protein | 20g fat | 6g carbs

PM Snack - Cucumber slices + 1 boiled egg - 100 cal | 8g protein | 6g fat | 1g carbs

DAY 6

Breakfast - 2 poached eggs, grilled tomatoes, ½ avocado - 340 cal | 22g protein | 22g fat | 8g carbs

Mid-Morning Snack - Protein shake + chia + cinnamon - 220 cal | 28g protein | 8g fat | 4g carbs

Lunch - Turkey burger (no bun) over arugula with grilled onions - 440 cal | 38g protein | 20g fat | 6g carbs

Snack - Snap peas + mini guac cup - 150 cal | 4g protein | 12g fat | 6g carbs

Dinner - Lemon chicken thighs (5 oz), steamed zucchini - 440 cal | 36g protein | 18g fat | 8g carbs

PM Snack - Greek yogurt (1/3 cup) + cacao nibs - 110 cal | 10g protein | 4g fat | 4g carbs

DAY 7

Breakfast - Scrambled eggs (2), turkey bacon (2), sautéed mushrooms - 340 cal | 26g protein | 20g fat | 6g carbs

Mid-Morning Snack - Shake + almond milk + ½ frozen banana - 220 cal | 28g protein | 8g fat | 10g carbs

Lunch - Tuna salad (5 oz, olive oil, celery, parsley) in lettuce wraps - 430 cal | 38g protein | 20g fat | 4g carbs

Snack - Carrot sticks + 2 tbsp hummus - 150 cal | 4g protein | 10g fat | 8g carbs

Dinner - Grilled halibut (5 oz), asparagus, garlic sautéed spinach - 440 cal | 36g protein | 18g fat | 6g carbs

PM Snack - 1 boiled egg + cucumber slices + sea salt - 100 cal | 8g protein | 6g fat | 1g carbs